

# *Among Friends*

NOVEMBER 2017



Proudly serving the Fond du Lac Community for 50 years!  
**...WHERE FRIENDS MEET!**



A Free Monthly Publication  
Vol. 8 • No. 11

## What's Inside

Cathy's Corner .....	2
New Program .....	3
Programs & Activities.....	4-7
Monthly Movies .....	8
Dining .....	9
Health & Wellness .....	10-11
Outreach.....	12
Club Feature of the Month .....	13
Activity Calendar.....	14-15
Announcements .....	17
MPTC Classes.....	17
Happy Travelers.....	18-19
Ongoing Activities .....	20
Brown Paper Packages Gift Shop...	21
Announcements .....	22-23
Activities Index.....	24-25
Membership Application.....	27



## Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone ..... (920)322-3630

Email..... [cloomans@fdl.wi.gov](mailto:cloomans@fdl.wi.gov)

Hours..... M-F 8:00 a.m.- 4:30 p.m.

*The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities.*

*Friends bylaws available at our Center.*

*Visit us online at [www.fdlSeniorcenter.com](http://www.fdlSeniorcenter.com)*

## Newcomer Tour

Call **322-3630** if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about our Center.



Too often during my time here there has been a tragic event that I contemplate writing about in this column, but each time I have decided not to because of the length of time between the event and when the next newsletter gets to all of you.

This time it was Las Vegas. And even though several weeks have passed, I still have so many thoughts and feelings about what happened.

I'm sure that all of us remember 9-11 and our feelings that surrounded that day, and the days and months that followed. To me, that was the day that so many things changed about how we lived our lives. My kids were young and really don't remember life before 9-11, but Las Vegas is different. My daughter's close friend was there. She received a text message from him that night that said "I just want to let you know that there was a shooting by me here in Vegas but I'm back in my room safe right now." Throughout the next days there was a mix of feelings; relief and gratitude that he was ok but such sorrow for those who weren't. It really struck me when my daughter commented, "Mom, all of those people just went to that concert like it was any other day and those people that were killed will never go home." That's exactly how I felt on 9-11. People started their day that morning like it was any other day, and some never went home.

We talk so often about how fragile life is, and about how we need to live life to the fullest and appreciate all of the people in our lives. At times I think we forget to do that, but after events like 9-11 and Las Vegas, it reminds us to put those words into action. So even though it has been a few weeks, I want you all to know that I appreciate you.

I am thankful that you come and participate in programs and activities each week. I am thankful that you support us and the Friends organization so that we can continue to serve people in our community. And most importantly, I am thankful that you all care so much about each other.

I love our Center and all of the things that we get to do here each day. Like any other place, everyone here may not always see eye to eye on things, but I believe that when it comes right down to it, the people that I work with each day, and you, the people that we serve, truly care about each other.

What I see each day at our Center is what's right in our country. And I thank you all for that.

*Cathy*



Sometimes  
you just have  
to stop and  
appreciate  
all the good  
things in your  
life.







## VETERAN'S DAY PANCAKE BREAKFAST

Friday November 10th  
8—10 a.m.

Co-Sponsored by Lake View Place



### Newsletter Crew

Editor.....Cathy Loomans  
Mail Crew .....20+ awesome volunteers!

### Newsletter Deadline

Information must be submitted at least six weeks prior to the event in order to be included in the newsletter. Please submit information to Christina Thor, [cth@fdl.wi.gov](mailto:cth@fdl.wi.gov).

### Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings from 9:10–9:25 a.m. for the Senior Center update.



Cathy Loomans, Senior Center Director, is the guest of Spencer Wagen on his *Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.  
Sponsored by Smith & Hatch Insurance.

**ROSE Bertram, LLC**  
The Fond du Lac Area  
Retirement Planning & Investment Resource

Call now for a  
complimentary consultation  
**920-922-9720**

Securities and Advisory Services offered through Woodbury Financial Services, Inc. Member FINRA, SIPC  
Rose Bertram, LLC and Woodbury Financial Services, Inc. are not affiliated entities.

## NOW LEASING! 50 and Better

- 1 Bedrooms
- Rent based on income
- Utilities Included\*
- Small pets welcome\*

\*some restrictions apply

**MABESS MANOR APTS.**

**(920) 922-2019**

**Campbellsport, WI. EHO**

Hearing Evaluations • Hearing Aids & Batteries • Assistive Listening Devices

We welcome all patients of Greg Wiersema & Audiology Center of Fond du Lac



'Helping the community hear better, one person at a time'

Call (920) 332-4146 Now  
For Your Appointment



Many Models Available!



[www.fonddulachearingaids.com](http://www.fonddulachearingaids.com)

**481 E. Division Street, Suite 900 • Fond du Lac**

**Zacherl**  
FUNERAL HOME, INC.

Our family serving your family  
since 1857

875 E. Division St. • Fond du Lac

**920.922.6860**

[www.zacherlfuneralhome.com](http://www.zacherlfuneralhome.com)



HOUSE CALLS ARE  
OUR SPECIALTY!

**COMMUNITY  
Alternatives**  
OF FOND DU LAC COUNTY

Because we care, Help is on the way

- Personal Care, Short or Long Term
- Homemaker Services, Short or Long Term
- Respite Care • Companionship

Equal Opportunity Employer

**923-1155**

**286 18th Street • Fond du Lac**

NOW LEASING!

## St. Peter's Place

Affordable Senior Living Apartments

50 E. 1st Street, Fond du Lac

Call or stop by today!



**920-322-1111**



[www.stpetersplaceapts.com](http://www.stpetersplaceapts.com)



Your Caring Community features ...

Advanced health care  
Multiple living options  
True community

Experience  
true community today.

Call (920) 921-9520  
to meet with our team.



Lutheran Homes & Health Services  
*living long, living well.*

[www.lutheranhomesfonddulac.org](http://www.lutheranhomesfonddulac.org)



## ART CLASSES

Session 1: Tuesdays, Nov. 7, 14, 21, 28

Session 2: Tuesdays, Dec. 5, 12, 19

Classes offered:

Acrylic & Oil Painting:

Tuesdays, 10am—noon

Drawing & Watercolor

Tuesdays, 1pm-3pm



(Mixed Media is now being incorporated into the 10am and 1pm classes)

*Please sign  
Front Desk!*

*up at the*



## PARKINSON DANCE/MOVEMENT CLASS

at the FDL Senior Center

Tuesday November 14; 3:30- 4:30

*Stay tuned for more dates!*

Learn more and sign up at  
wiparkinson.org or 414-312-6990

or call Lori Anderson at Fond du

Lac County's Department of  
Senior Services at (920) 906-4792  
with any questions.



WISCONSIN  
PARKINSON  
ASSOCIATION

## GENEALOGY GROUP

No meeting in November due to the Thanksgiving holiday.

## WOODCARVING CLUB



Monday 9:00 a.m.

New members always welcome!

## SEWING CLASS



Wednesdays

3:30—6:30 PM

\$15.00:

Last 2 classes of this session  
November 1 and 8

## TECH TYME THURSDAYS THROUGH DECEMBER 14TH 1:00-3:00PM



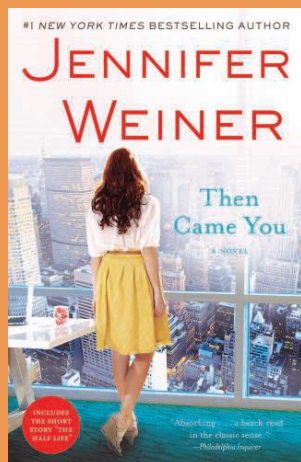
Bring your tablet, smart phone, iPad or other electronic device and meet with the MPTC IT Club members for one-on-one help with your device.





## BOOK CLUB

Monday, November 20th at 9:30 a.m.  
Copies available at the Senior Center



Jules Wildgren is a twenty-one year old Princeton college student with a full scholarship and a family she's ashamed to invite to Parents' Weekend. Tall, blonde, and outwardly identical to her wealthy high school classmates, her plan is to take the ten thousand dollars she'll receive from donating her 'pedigree' eggs and try to save her father from addiction.

Amie Barrow is a thirty-four year old married mother of two who scrapes by on her family's single paycheck. After

watching a TV show about surrogates, she thinks she's found a way to recover a sense of purpose and bring in some extra cash.

India Bishop, thirty-eight (really forty-three), believes she's found her happy-ever-after when she marries a very wealthy and much older man, Marcus Croft, but decides that a baby will seal the deal. When all of her attempts at pregnancy fail, she turns to technology - and Annie and Jules - to help make her dreams come true.

But each woman's plans are thrown into disarray when Marcus suddenly dies, and his twenty-three year old daughter, Bettina, is named guardian of India's unborn child. As the baby's due date draws near, these four women - with nothing and everything in common - discover what makes each of them a mother in her own right.

**BOOK OF THE MONTH: "Then Came You "**  
**By: Jennifer Weiner**

## UMBRELLA BRIGADE

Please come see the Umbrella Brigade's upcoming performance:

November 29th

2:00

All About Life



## HOLIDAY CARD MAKING



Tuesday, November 14; 10:30am—12:30pm

New Price: \$6.50

Call the front desk to register (920) 322-3630



## Thanksgiving Hours

Reminder:

We will be closed on Thursday, November 23rd and Friday, November 24th for the Thanksgiving Holiday.



## RED HAT HONEYS

The FDL Senior Center Chapter  
of the Red Hat Society

Harvest gathering

Wednesday, November 8th

Lunch 12-1:15 at Faro's Restaurant then  
Fishy's Bakery and The Candyman to follow

Deadline to register is Thursday, November  
2nd



Limit: 25

Cost: Dutch treat



## MELODIES AND MEMORIES CHOIR

Thursday, November 9  
3:30– 4:30 p.m.  
2nd Thursday of each month

Do you like to sing just for fun? Our Melodies and Memories Choir was created specifically for people who enjoy singing in a relaxed fun environment. We also welcome singers with the early stages of dementia along with their care partners.  
*This is a FREE Program - just drop in!*



## HANDCHIME CHOIR



We practice Wednesday or Thursday mornings. If you are interested in joining our hand chime choir, please contact Gail Zimmerman at (920)924-0218

## SCAMP BAND

Wednesday mornings  
at 8:30 a.m.

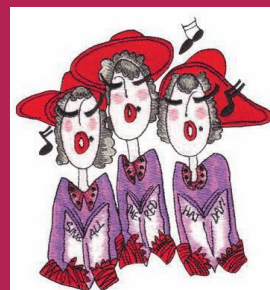


Come for the music, stay for the fun!

## RED HAT CHORUS

The Center is alive with the sound of music from the Red Hat Chorus every Friday at 10:00 a.m.

Come check them out!



## JAM SESSION

2nd and 4th Wednesdays at 10:00 a.m.  
Get out your instruments and come "Jam Out" with us! Any instrument welcome!



## GROUP SINGING CLASS



Voice Lessons in a group setting  
Tuesdays from 10:00—11:00 a.m.  
Check at the front desk for next session dates.  
Cost is \$25.00 for six classes. Please sign up and pay at the Front Desk!





## MAH JONGG



New players always welcome!

Tuesdays 12:00

Thursdays 12:00

## CALLING ALL CARD PLAYERS

Check out our monthly calendar and Come and try your hand at one of your favorite games:

- ♦ Bridge
- ♦ Canasta
- ♦ Cribbage
- ♦ Euchre
- ♦ Hand and Foot
- ♦ Recreational Sheephead
- ♦ Recreational Euchre—now starting at 12:30pm
- ♦ Sheephead
- ♦ Skat



## BINGO

Tuesday's at



1:00 p.m.

## MEMORY WRITERS GROUP

Fridays at 1:00 p.m.

The Memories Writers meet to share and preserve life experiences and family history. New members welcome!



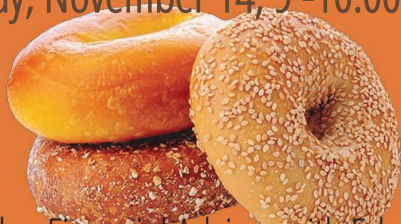
## STITCHERY GROUP



Bring your project and join us!  
Tuesdays 1:00

## BAGELS WITH BEN

Tuesday, November 14, 9 -10:00 a.m.



Ben Baertschy, Financial Advisor with Edward Jones Investments will be available to answer questions and give a market update.

## SCRAPBOOKING

Weekly Scrapbook Group  
Thursdays at 10:00 a.m.



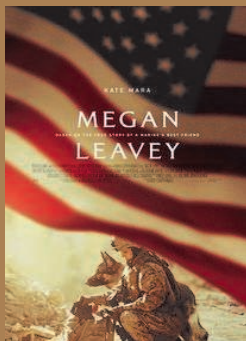


# Monthly Movies



## THURSDAY, NOVEMBER 2: MEGAN LEAVEY

11:45 a.m. Lunch (optional);  
1:00 p.m. Movie  
2017 · 1hr 56min · PG-13 Biography/Drama  
/War Starring: Kate Mara, Ramon Rodriguez,  
Tom Felton



Summary: MEGAN LEAVEY is based on the true life story of a young marine corporal whose unique discipline and bond with her military combat dog saved many lives during their deployment in Iraq. When she is assigned to clean up the K9 unit after a disciplinary hearing, Leavey identifies with a particularly aggressive dog, Rex, and is given the chance to train him. Over the course of their service, Megan and Rex completed more than 100 missions until an IED explosion injures them, putting their fate in jeopardy.

## WEDNESDAY, NOVEMBER 15: THE HERO

11:45 a.m. Lunch (optional);  
1:00 p.m. Movie  
2017 · 1hr 33min · R - Comedy/Drama  
Starring: Sam Elliott, Laura Prepon,  
Krysten Ritter



Summary: Lee Hayden is an aging Western icon with a golden voice, but his best performances are decades behind him. He spends his days reliving old glories and smoking too much weed with his former-co-star-turned-dealer, Jeremy, until a surprise cancer diagnosis brings his priorities into sharp focus. He soon strikes up an exciting, contentious relationship with stand-up comic Charlotte, and he attempts to reconnect with his estranged daughter, Lucy, all while searching for one final role to cement his legacy.

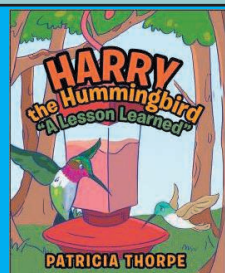
Mark your calendar for December movies:

Thursday, Dec. 7th, 1pm: Maudie

Wednesday, Dec. 20th, 1pm Elf

If you're interested in watching a movie, please call to register at (920) 322-3630. If you're interested in joining us for lunch, please read about the Senior Dining Program on page 9 for more details!

**Thanks to Moraine Park Technical College for sponsoring movies at our Center!**



Harry Learns to Share

**Great Gifts for Grandchildren and Holidays!!**  
Visit [www.patriciathorpesbooks.com](http://www.patriciathorpesbooks.com)

ALSO AVAILABLE FOR PURCHASE

**Chucky the Black Squirrel**  
"A Lesson Learned"  
**CHUCKY LEARNS A VALUABLE LESSON ABOUT BULLYING**

**The Canada Goslings, Lily and Scooter**  
**AN INSPIRING TALE ABOUT NEVER GIVING UP**



**YOUR TRUSTED  
REAL ESTATE TEAM!!!**

439 S Main St, Fond du Lac, WI  
(920) 923-5556 • [www.pdfdl.com](http://www.pdfdl.com)



Anne Lisowe



Sharon Wilson



Josef French



Andrew Pike



Luke Tranel



Joe Ziegler



**Winnebago**  
ORAL SURGERY

Christopher S. McFarlane DDS  
Mark J. Ridenour DDS

Services provided:

Dental Implants

Wisdom Tooth Removal

IV Sedation • Tooth Removal

**NEW PATIENTS WELCOME**

155 N. Rolling Meadows Drive  
Fond du Lac, WI 54937  
(920) 921-5001

[www.omswinnabago.com](http://www.omswinnabago.com)

## Seams Like A Hoot

**Mary Calliari**

Longarm Quilting Service  
[seamslikeahoot@gmail.com](mailto:seamslikeahoot@gmail.com)

N 287 Memorial Drive  
Campbellsport, WI 53010

[www.SEAMSLIKEAHOOT.com](http://www.SEAMSLIKEAHOOT.com)

## LINCOLN HOUSE ASSISTED LIVING

Affordable housing for older adults

**342 Forest Avenue**

*Providing Quality Care for 25 Years*

- 24 Hours caring & trained staff • Family-oriented home setting
- Home Cooked Meals and more...

**Call 922-7072**





## 2017 FOND DU LAC COUNTY SENIOR DINING

Come join us for lunch!

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday—Friday at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Please register for lunch by calling 929-3937 at least one day in advance before 1p.m.

Complete menus are available at the front desk or our website: [fdlseniorcenter.com](http://fdlseniorcenter.com) under the "Services" tab.

- **Wednesday, November 1:** Glazed Ham
- **Thursday, November 2:** Hamburger
- **Friday, November 3:** Chicken Marsala
- **Monday, November 6:** Country Fried Steak
- **Tuesday, November 7:** Chicken and a Biscuit Casserole
- **Wednesday November 8:** Pork Jaegerschnitzel
- **Thursday, November 9:** Crispy Fish Fillet
- **Friday, November 10:** Swedish Meatballs
- **Monday, November 13:** Beef Stew
- **Tuesday, November 14:** Baked Chicken
- **Wednesday, November 15:** Meatloaf
- **Thursday, November 16:** Chopped Steak in Burg/Mush Sauce
- **Friday, November 17:** Macaroni and Cheese
- **Monday, November 20:** Salisbury Steak
- **Tuesday, November 21:** Chili Casserole
- **Wednesday, November 22:** Roast Turkey
- **Thursday, November 23:** Happy Thanksgiving
- **Friday, November 24:** Closed for Holiday
- **Monday, November 27:** Cranberry/Kraut Meatballs
- **Tuesday, November 28:** Meatloaf
- **Wednesday, November 29:** Baked Chicken
- **Thursday, November 30:** Smoked Sausage

## 2018 DINE OUT COUPON BOOKS NOW AVAILABLE

Save money while eating at your favorite local restaurants! Our Dine Out Coupon Books have over 50 coupons from 40+ different restaurants! Purchase a coupon book today!

## ROMEOS

All men are welcome to join the "Retired Old Men Eating Out" for noon lunch. You don't have to be retired (or old) to join in on the camaraderie & fun!

Thursday, November 2nd 12:00  
584 W Johnson St Fond du Lac



Call our Center at (920) 322-3630 to register!  
The ROMEOS are looking for help picking restaurants for their monthly meetings. Call Sarah at (920) 322-3641 if you're interested!

## SUPPER CLUB

If you like to laugh and enjoy dining with friends, old and new, join the Supper Club each month! You MUST call our Center at (920) 322-3630 to make your reservation so we can let the restaurant know how many people to expect.



### Sebastian's

770 S. Main Street. Fond du Lac

**Saturday, November 18** Social: 5:00 p.m. ;  
Dinner: 5:30 p.m.

## TUESDAY NIGHT DINING GROUP

The Fond du Lac Senior Dining Group invites all men & women aged 55 and older to join them on Tuesday nights. The group meets weekly for dining, with cocktails beginning at 5:00 p.m. and dinner at 6:00 p.m.

**November 7** Schmitt's Oar House

N7044 Winnebago Dr FDL

**November 14** Parnell's Place

2932 Fond du Lac Rd Oshkosh

**November 21** Jim & Linda's Lakeview

W3496 County Rd W Malone

**November 28** Roepke's Village Inn

W2686 St. Charles Road Chilton

**November 31** Unk

unk

A GREAT OPPORTUNITY TO SOCIALIZE & MEET NEW FRIENDS



## ZUMBA GOLD

Mondays 5:30 - 6:30 p.m.

\$5 walk in or a 10 class punch cards \$40.00  
available from Instructor Kirsten Quam

## LOW IMPACT HEAD TO TOE STRETCH WITH SARAH DOCTER



Mondays 9:00 - 9:30 a.m.

LOW IMPACT EXERCISE VIDEO

Wednesdays

10:00 - 10:30 a.m.

Free admission, men and women, stop in!

## BEGINNING COUNTRY LINE DANCING

*Saturdays 10 to 11:30 a.m.*

Session 1: November 11, 18, 25

Session 2: December 2, 9, 16, 30

## COUNTRY LINE DANCING

*Thursdays 6 to 7:30pm*

Session 1: November 2, 9, 16, 30

Session 2: December 7, 14, 21, 28

4 classes for only \$10.00

Punch cards available at the front desk.

## SELF DEFENSE CLASS



Fridays from 10:30-  
11:30am

with Laurence Lewis

No registration required  
Free admission, just drop  
in!!

## BALANCE & BODY MOVEMENT CLASS



Fridays from 10 - 10:30 a.m.

Laurence Lewis leads this ongoing weekly class which helps participants improve their balance in a variety of situations. Tips and techniques taught will benefit all fitness levels. **NO REGISTRATION REQUIRED FREE ADMISSION, JUST DROP IN!!**

## CARDIO DRUMMING



Tuesdays at 3:15 p.m.

First Class is free!!!

8 classes for only \$24!!

Punch cards are sold at the front desk.





## HEALTH SERVICES

### BLOOD PRESSURE TESTING

Sponsored by Agnesian Home Health

Friday, November 10; 9:00 a.m.

No appointment needed.

Donations accepted.



### BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services

Friday, November 10; 9:00 a.m.

No appointment needed. *12-hour fast required.*

Donations accepted.

### HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

FREE hearing screenings and FREE hearing aid

cleaning. **Next date in January.**

### LIPID PANEL SCREENINGS

Call the Center at (920) 322-3630 today to sign up now for the clinic on **Tuesday, November 14.**

Price for Tests:

\$25 – HSP2 (LIPID + LU)

\$45 – VITAMIN D (25VD)

## CHAIR TAI CHI CONCEPTS



Come and check out the Chair Tai Chi Concepts class—a perfect class whether you want to practice Tai Chi from a standing or sitting position. Drop in for this **FREE** class on Fridays 9:00-9:45 am

## HIKING GROUP



This group meets on Tuesdays & Thursdays at 10 a.m.

*Please call Ruth at 921-7192 for more information.*

## TAI CHI CLASS



Tuesdays 9 to 10 a.m.

Next session: Starting November 7

8 classes for \$45

Please register and pay at the front desk.

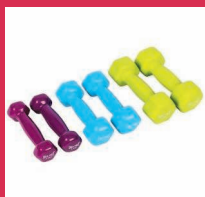
## STRONG BODIES

Monday and Wednesday

7:00-8:00 AM OR

Tuesday and Thursday

5:00-6:00 PM



\$45.00 for 10 weeks

Watch December's newsletter for January classes

## YOGA FIT

Saturdays

9:00-10:00am

\$5 walk in or a 10 class punch card for \$40.00 is available from Instructor Kirsten Quam



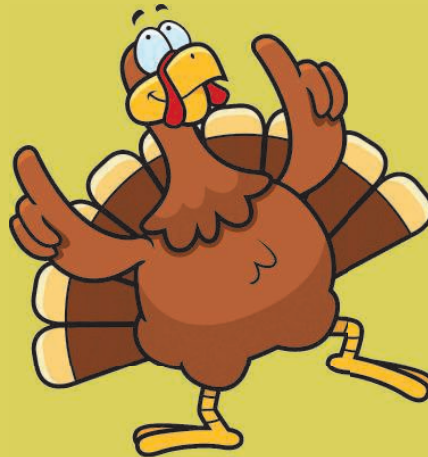
No classes in November - see you in December!



## WELLNESS MORNING

Friday, November 17

8:30—10:30



Visit vendor booths to qualify for the turkey race, winners take home a frozen turkey!

Sponsored By the Senior Wellness Coalition: Aging and Disability Resource Center \* Agnesian Healthcare \* Almost Family \* ATI Physical Therapy \* Frontida Assisted Living \* Grancare Nursing and Rehab \* Harbor Haven \* Lake View Place \* Lincoln House \* Manor Care \* Rehab Arisces \* Visiting Angels

## Outreach

### Senior Outreach Program



### SENIOR OUTREACH PROGRAM

Outreach volunteers will meet on **Thursday, November 2nd at 9:00 a.m.** at our Center for the monthly Outreach meeting.

Topic: Understanding Depression presented by Dr. Espen Klausen

*Note: This is for Outreach Program Volunteers Only  
Public Program to follow at 10:00 a.m.*

### COMMUNITY CARES

The next Community Cares visit will be on **Tuesday, November 28th from 2:00 to 3:00 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer. Sharing an hour of your time can have a big impact!

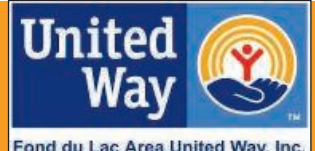
### Save The Date!

Outreach Program Christmas Breakfast  
December 7th

9:00

Rolling Meadows Restaurant

The Senior Outreach  
Program is funded in part  
by:







## CRIBBAGE

Join Us!!  
Thursdays at 1:00PM

Congratulations Dan on  
your perfect Cribbage  
hand scoring 29 points!



Fond du Lac  
Karen



Memorials  
Martin

651 Fond du Lac Ave., Fond du Lac, WI 54935

(across from Haentze Floral)

(920) 922-5606

karen@milwaukee Memorials.com

Quality Monument Foundations by Ron Steffes

**Bay Shore**  
Apartments



Elegant Living On Beaver Dam Lake

For Seniors

RENT BASED ON-INCOME

(920)557-6992

**PORTLAND  
SQUARE  
APARTMENTS**

**NOW RENTING**

LARGE ONE BEDROOM  
APARTMENTS FOR SENIOR  
AND DISABLED

Rent is 30% of your  
monthly adjusted income.  
Convenient, Secure Location,  
Professional Management  
Home to Fond du Lac County  
Senior Meal Site  
Social Service Coordinator

Call Today  
920-922-2562



55 North Portland St.  
Fond du Lac, WI



**LAKE VIEW PLACE**

*has been recognized as*

**THE BEST OF 2016**

**BY SENIORADVISOR.COM!**

**Call 920-926-1100 for a tour.**

**Lake View Place**

Senior Living

517 Luco Road  
Fond du Lac, WI 54935  
920-926-1100

enlivant.com





# November

Monday	Tuesday	Wednesday	Thursday	Friday
<div> <div>LET'S DO LUNCH!</div> <div> <p>The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served <b>Monday—Friday</b> at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is required by calling 929-3937 at least one day in advance by 1 p.m. Menus are available at the front desk or our website: <a href="http://fdlseniorcenter.com">fdlseniorcenter.com</a></p> </div> </div>				
<b>6</b> 7:00 Strong Bodies 9:00 Low Impact Head to Toe Stretch 9:00 Woodcarving Club 1:00 Euchre 1:00 Recreational Euchre 1:00 German Club 1:00 Poker 1:15 Sheephead 5:30 Zumba Gold 5:30 FDL Artist Association	<b>7</b> 8:30 Pool League 8 Ball 9:00 AARP Board Meeting 9:00 Tai Chi 10:00 Hiking 10:00 Acrylic & Oil Painting Class 10:00 Group Singing Class 12:00 Mahjongg 12:30 Bridge 1:00 Bingo-Sponsor: Harbor Haven 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:15 Cardo Drumming 5:00 Strong Bodies 6:00 Winnebago Woodworkers @ NFDL HS 6:00 Coin Club 6:00 Senior Dining-Schmittys Social at 5:00	<b>1</b> 7:00 Strong Bodies 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 10:00 Jam Session Practice 10:00 Low Impact Video Exercise 12:00 Hand & Foot 12:00 Canasta 1:00 Recreational Sheephead 1:15 Sheephead 3:30 Sewing Lab 7:30 Wed Night Dance	<b>2</b> 8:00 Skat 9:00 Senior Outreach 9:00 Hand Chimes 10:00 When Someone You Care About Is Depressed w/Dr. Espen Klausen 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 12:00 ROMEO's—Gino's 12:00 Mahjongg 12:30 Bridge 1:00 Cribbage 1:00 Tech Tyme 1:00 Flying Geese Quilters 1:00 Movie—“Meagen Leavy” 5:00 Strong Bodies 5:45 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Crafters Club 6:00 Local Parents of Angels	<b>3</b> 9:00 Chair Tai Chi Concepts 10:00 Balance and Body Movement 10:00 Red Hat Chorus 10:30 Self Defense Class 1:00 Wii Bowling 1:00 Memories Writers Group 1:15 Sheephead 1:30 Game Day 4 Saturday 9:00 WRAP Art Workshop 5 Sunday
<b>6</b> 7:00 Strong Bodies 9:00 Low Impact Head to Toe 9:00 Stretch 9:00 Woodcarving Club 1:00 Euchre 1:00 Recreational Euchre 1:00 German Club 1:00 Poker 1:15 Sheephead 5:30 Zumba Gold 5:30 FDL Artist Association	<b>7</b> 8:30 Pool League 8 Ball 9:00 AARP Board Meeting 9:00 Tai Chi 10:00 Hiking 10:00 Acrylic & Oil Painting Class 10:00 Group Singing Class 12:00 Mahjongg 12:30 Bridge 1:00 Bingo-Sponsor: Harbor Haven 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:15 Cardo Drumming 5:00 Strong Bodies 6:00 Winnebago Woodworkers @ NFDL HS 6:00 Coin Club 6:00 Senior Dining-Schmittys Social at 5:00	<b>8</b> 7:00 Strong Bodies 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 10:00 Jam Session 10:00 Low Impact Video Exercise 12:00 Hand & Foot 12:00 Red Hat Honey Harvest Gathering 1:00 Recreational Sheephead 1:15 Sheephead 1:30 Group Community Cares—All About Life 3:30 Sewing Lab 5:00 Getting Ahead Poverty Workshop 7:30 Wed Night Dance	<b>9</b> 8:00 Skat 9:00 Foot Care 9:00 Hand Chimes 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 12:00 Mahjongg 12:30 Bridge 1:00 Cribbage 1:00 Tech Tyme 3:30 Melodies and Memories Choir 5:00 Strong Bodies 5:45 TOPS #0566 6:00 Country Line Dancing 7:00 Sunset Stitchers	<b>10</b> 8:00 Veteran's Day Pancake Breakfast 9:00 Health Screenings -By FDL Lutheran Hm & Agnesian 9:00 Chair Tai Chi Concepts 10:00 Balance and Body Movement 10:00 Red Hat Chorus 10:30 Self Defense Class 1:00 Wii Bowling 1:00 Memories Writers Group 1:15 Sheephead 1:30 Game Day 11 Saturday 10:00 Beg. Country Line Dance 12 Sunday
<b>13</b> 7:00 Strong Bodies 9:00 Low Impact Head to Toe	<b>14</b> 8:00 LIPID Panel Glucose Scan 8:15 AARP Driver's Safety Class	<b>15</b> 7:00 Strong Bodies 9:00 Pool League 8 Ball	<b>16</b> 8:00 Skat 9:00 Foot Care	<b>17</b> 8:30 Wellness Morning with Turkey



<p>9:00 Stretch</p> <p>9:00 Woodcarving Club</p> <p>1:00 Euchre</p> <p>1:00 Recreational Euchre</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>5:30 Zumba Gold</p>	<p>9:00 Tai Chi</p> <p>9:00 Bagels with Ben</p> <p>10:00 Hiking</p> <p>10:00 Acrylic &amp; Oil Painting Class</p> <p>10:00 Group Singing Class</p> <p>10:30 Holiday Card Making Class</p> <p>12:00 Mahjongg</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: The Meadows</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing &amp; Watercolor Class</p> <p>3:15 Cardio Drumming</p> <p>3:30 Parkinson Dance Class</p> <p>5:00 Strong Bodies</p> <p>6:00 Winnebago Woodworkers</p> <p>6:00 Senior Dining-Parnells</p> <p>Social at 5:00</p>	<p>8:30 Pool League 8 Ball</p> <p>9:00 Tai Chi</p> <p>10:00 Hiking</p> <p>10:00 Acrylic &amp; Oil Painting Class</p> <p>10:00 Group Singing Class</p> <p>12:00 Mahjongg</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: Lincoln House</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing &amp; Watercolor Class</p> <p>3:15 Cardio Drumming</p> <p>5:00 Strong Bodies</p> <p>6:00 Winnebago Woodworkers at NFDL HS</p> <p>6:00 Senior Dining- Jim &amp; Linda's</p> <p>Social at 5:00</p>	<p>20</p> <p>7:00 Strong Bodies</p> <p>9:00 Low Impact Head to Toe</p> <p>Stretch</p> <p>9:00 Woodcarving Club</p> <p>9:30 Book Club</p> <p>1:00 Euchre</p> <p>1:00 Recreational Euchre</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>5:30 Zumba Gold</p> <p>6:30 FDL Concert Association</p>	<p>21</p> <p>8:30 Pool League 8 Ball</p> <p>9:00 Tai Chi</p> <p>10:00 Hiking</p> <p>10:00 Acrylic &amp; Oil Painting Class</p> <p>10:00 Group Singing Class</p> <p>12:00 Mahjongg</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: Lincoln House</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing &amp; Watercolor Class</p> <p>3:15 Cardio Drumming</p> <p>5:00 Strong Bodies</p> <p>6:00 Winnebago Woodworkers at NFDL HS</p> <p>6:00 Senior Dining- Jim &amp; Linda's</p> <p>Social at 5:00</p>	<p>22</p> <p>7:00 Strong Bodies</p> <p>8:30 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:00 Hand Chimes at The Villa</p> <p>10:00 Jam Session</p> <p>10:00 Low Impact Video Exercise</p> <p>12:00 Hand &amp; Foot</p> <p>1:00 Recreational Sheephead</p> <p>1:00 Genealogy Group</p> <p>1:00 Umbrella Brigade at Diverse Options and Fountain View</p> <p>Ripon</p> <p>1:15 Sheephead</p> <p>7:30 Wed Night Dance</p>	<p>23</p> <p>7:00 Strong Bodies</p> <p>8:30 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:00 Hand Chimes at The Villa</p> <p>10:00 Jam Session</p> <p>10:00 Low Impact Video Exercise</p> <p>12:00 Hand &amp; Foot</p> <p>1:00 Recreational Sheephead</p> <p>1:00 Genealogy Group</p> <p>1:00 Umbrella Brigade at Diverse Options and Fountain View</p> <p>Ripon</p> <p>1:15 Sheephead</p> <p>7:30 Wed Night Dance</p>	<p>24</p> <p>9:00 Pool League 9 Ball</p> <p>9:00 SCAMP</p> <p>10:00 Hand Chimes @St. Agnes</p> <p>10:00 Jam Session Practice</p> <p>10:00 Low Impact Video Exercise</p> <p>12:00 Hand &amp; Foot</p> <p>12:00 Canasta</p> <p>1:00 Movie- "The Hero"</p> <p>1:00 Recreational Sheephead</p> <p>1:15 Sheephead</p> <p>7:00 Stamp Club</p> <p>7:30 Wed Night Dance</p>	<p>25</p> <p>8:30 Pool League 9 Ball</p> <p>9:00 SCAMP</p> <p>10:00 Jam Session Practice</p> <p>10:00 Low Impact Video Exercise</p> <p>12:00 Hand &amp; Foot</p> <p>12:00 Canasta</p> <p>1:00 Movie- "The Hero"</p> <p>1:00 Recreational Sheephead</p> <p>1:15 Sheephead</p> <p>7:00 Stamp Club</p> <p>7:30 Wed Night Dance</p>	<p>26</p> <p>9:00 Pool League 9 Ball</p> <p>9:00 SCAMP</p> <p>10:00 Jam Session Practice</p> <p>10:00 Low Impact Video Exercise</p> <p>12:00 Hand &amp; Foot</p> <p>12:00 Canasta</p> <p>1:00 Movie- "The Hero"</p> <p>1:00 Recreational Sheephead</p> <p>1:15 Sheephead</p> <p>7:00 Stamp Club</p> <p>7:30 Wed Night Dance</p>	<p>27</p> <p>7:00 Strong Bodies</p> <p>8:30 Newsletter Assembly</p> <p>9:00 Low Impact Head to Toe</p> <p>Stretch</p> <p>9:00 Woodcarving Club</p> <p>1:00 Euchre</p> <p>1:00 Recreational Euchre</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>5:30 Zumba Gold</p>	<p>28</p> <p>8:30 Pool League 8 Ball</p> <p>9:00 Tai Chi</p> <p>10:00 Hiking</p> <p>10:00 Acrylic &amp; Oil Painting Class</p> <p>10:00 Group Singing Class</p> <p>12:00 Mahjongg</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: Visiting Angels</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing &amp; Watercolor Class</p> <p>2:00 Community Cares</p> <p>3:15 Cardio Drumming</p> <p>5:00 Strong Bodies</p> <p>6:00 Winnebago Woodworkers at NFDL HS</p> <p>6:00 Senior Dining-Roepke's</p> <p>Social at 5:00</p>	<p>29</p> <p>7:00 Strong Bodies</p> <p>8:30 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:00 Hand Chimes @Luth. Home</p> <p>10:00 Jam Session</p> <p>10:00 Low Impact Video Exercise</p> <p>12:00 Hand &amp; Foot</p> <p>12:00 Canasta</p> <p>1:00 Recreational Sheephead</p> <p>1:00 Genealogy Group</p> <p>1:00 Umbrella Brigade at All About Life</p> <p>1:15 Sheephead</p> <p>7:30 Wed Night Dance</p>	<p>30</p> <p>8:00 Skat</p> <p>9:00 Hand Chimes@Adelaide Pic</p> <p>9:00 Is an iPad or Tablet for You?</p> <p>10:00 Hiking</p> <p>10:00 Beginning Bridge</p> <p>12:00 Mahjongg</p> <p>12:30 Bridge</p> <p>1:00 Cribbage</p> <p>1:00 Tech Time</p> <p>1:00 Getting Ahead Initiative</p> <p>5:00 Strong Bodies</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>6:30 Alzheimer's Support Group</p>	<p>31</p> <p>8:00 Skat</p> <p>9:00 Hand Chimes@Adelaide Pic</p> <p>9:00 Is an iPad or Tablet for You?</p> <p>10:00 Hiking</p> <p>10:00 Beginning Bridge</p> <p>12:00 Mahjongg</p> <p>12:30 Bridge</p> <p>1:00 Cribbage</p> <p>1:00 Tech Time</p> <p>1:00 Getting Ahead Initiative</p> <p>5:00 Strong Bodies</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>6:30 Alzheimer's Support Group</p>
--	--	---	--	---	--	--	---	---	---	--	---	--	---	---



## STENZ AUTO BODY INC

Specializing in Collision Repairs

**FREE PICK-UP & DELIVERY**

W2217 CTH WH  
Mt. Calvary, WI 53057  
**(920) 753-5811**



**Todd A. Sarauer D.D.S.**

Associated Family Dentistry, LLC

845 SOUTH MAIN STREET, SUITE 130  
FOND DU LAC, WI 54935

**(920) 922-7012**

IF... TIME, QUALITY AND GENTLE CARE ARE IMPORTANT TO YOU...

## Almost Family Home Care

Excellence Through  
Senior Advocacy

Leading Provider of  
Home Health • Nursing • Rehabilitation

Call us today at **(920) 922-8098**



## TURNING 65 SOON?

Find out about Medicare options at Network Health



Call your local agent.  
**Jennifer Palubicki**  
Insurance Services Done Rite, Inc.  
2293 Redtail Drive Neenah WI 54956  
**920-450-0685**  
[www.insurancedonerite.net](http://www.insurancedonerite.net)

Network Health Medicare Advantage plans include MSA and PPO plans with a Medicare contract. Enrollment in Network Health Medicare Advantage Plans depends on contract renewal. Calling the number listed above will direct you to a licensed insurance agent/broker. If you have questions, please call Network Health customer service at 800-378-5234 (TTY users call 800-947-3529) Monday through Friday 8 a.m. – 8 p.m. Y0108\_1035\_031317 Accepted 032817

## Kurki-Mach Funeral Chapel & Crematory

Serving the Fond du Lac area  
since 1892

**920-921-4420**

[www.kurkimachfuneralchapel.com](http://www.kurkimachfuneralchapel.com)

**Don Kurki – Funeral Director**

➤ Reach the Senior Market

## ADVERTISE HERE

**CONTACT**

Contact Peter Van Doren to place an ad today!  
**[pvandoren@4LPi.com](mailto:pvandoren@4LPi.com) or (800) 950-9952 x2631**

## Care. Comfort. Commitment



Home Care and Hospice, Inc.  
1028 S. Main St. Ste C  
Fond Du Lac, WI

(877) 545-0551  
[www.generationshomeandhospice.com](http://www.generationshomeandhospice.com)

## Got these cards? GET MORE.

Get more benefits than you're currently getting from Original Medicare with a **UnitedHealthcare Dual Complete® LP1 (HMO SNP)** plan. It combines your doctor, hospital and prescription drug coverage into one plan — for a **\$0 plan premium.\*\***

Additional benefits may include:



**Dental Coverage**  
\$1,500 toward dental services.



**Health Products Catalog**  
Up to \$680 in credits to buy things you may need.



**Vision Coverage**  
Bi-annual exam and \$200 credit every 2 years for eyewear.



**Gym Membership**  
At no additional cost to you.

Call today to enroll or get answers to your questions.

Joseph Medinger Jr  
Licensed Sales Agent  
**920-321-8835, TTY 711**

[UHCCommunityPlan.com/WI](http://UHCCommunityPlan.com/WI)



## Now Leasing!



**Ages 62+ and/or disabled**

- Nice 1 bedroom apartments
- Rent is 30% of monthly adjusted income
- All utilities included • Community Room • Elevator available
- Laundry room on each floor
- 1 pet allowed (restrictions apply) with pet deposit
- Professional Management • FDL County Sr. Meal Program
- Social Service Coordinator with monthly planned events

### Convenient Location

**101 Western Avenue, Fond du Lac**

**Call or stop by today!**

**920-921-7298**

**[www.meglei.com](http://www.meglei.com)**



Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal with Medicare. This plan is available to anyone who has both Medical Assistance from the State and Medicare. This information is not a complete description of benefits. Contact the plan for more information. Limitations, co-payments, and restrictions may apply. Benefits, premiums and/or co-payments/co-insurance may change on January 1 of each year. Premiums, co-pays, co-insurance and deductibles may vary based on the level of Extra Help you receive. Please contact the plan for further details. \*\*You must continue to pay your Medicare Part B premium, if not otherwise paid for under Medicaid or by another third party. UnitedHealthcare Insurance Company complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-277-4716 (TTY: 711). 注意：如果您使用繁体中文，您可以免費獲得語言援助服務。請致電 1-855-277-4716 (TTY: 711)。Consult a health care professional before beginning any exercise program. Availability of the SilverSneakers program varies by plan/market. Refer to your Evidence of Coverage for more details. Healthways and SilverSneakers are registered trademarks of Healthways, Inc. and/or its subsidiaries. © 2016 Healthways, Inc. All rights reserved.

Y0066\_160901\_142800\_FINAL\_H3794-002 Accepted

65A4985E

CST11751\_H3794-002



For ad info. call 1-800-950-9952 • [www.4lpi.com](http://www.4lpi.com)

Friends of Fond du Lac Sr. Center, Fond du Lac, WI.

D 4C 01-1122



## FRIENDS ANNUAL CHRISTMAS PARTY

Monday, December 11th  
KC Hall

*New this year - Dinner and Dancing*



4:30 Social  
5:00 Banquet Hall Doors open  
5:30 Dinner  
6:15 WLA Choir  
6:45 Door Prizes  
7:00 Social/ Dance Music Provided by The Rascals

Menu includes choice of: Baked Ham w/Pineapple Glaze Dressing OR Breast of Turkey  
Dressing ♦ Whipped potatoes ♦ Gravy ♦ Seasonal Vegetables ♦ Ice cream

**\$14.50 Per Person**

### FRIENDS OF THE FOND DU LAC SENIOR CENTER CHRISTMAS PARTY

Registration Deadline: Monday, December 4th

Name: \_\_\_\_\_

☐

Baked Ham

☐

Breast of Turkey

Name: \_\_\_\_\_

☐

Baked Ham

☐

Breast of Turkey

Telephone: \_\_\_\_\_

Check #: \_\_\_\_\_

Cash: \_\_\_\_\_

TOTAL PAID: \_\_\_\_\_

Please make checks payable to: Friends, Inc. Cut this reservation form at the dotted line and drop off or mail in with payment. Space is Limited—Sign up as soon as possible.

Office Use Only:

Date Paid \_\_\_\_\_ Receptionist Initials \_\_\_\_\_

☐

Paid in Person

☐

Registered by Mail



# HAPPY TRAVELERS

## BE A HAPPY TRAVELER... WE'RE GOING PLACES!



**Happy Travelers' Office 322-3635/322-3633**  
**happytravelers@fdl.wi.gov**

**Hours: Monday—Thursday 9:00 a.m. to 3:00 p.m.**

Annual Friends of the Fond du Lac Senior Center membership is required to travel with the Happy Travelers. Membership fees are \$10 for a single and \$15 for a married couple.

**Reminders:**

- Sign up for trips as soon as possible to prevent cancellation. Most of our vendors require deposits months before actual date of trip.

### UPCOMING TRIPS—CALL SOON TO SAVE YOUR SPOT!!!

#### LAMBEAU FIELD

\$65 DT

Thursday, November 16  
9:00am—5:00pm



#### MIRACLE ON 34TH STREET

\$105 IN

Thursday, December 7  
8:15am—6:00pm  
Fireside Theatre

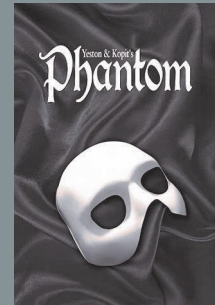


#### "PHANTOM"

\$109 IN

Thursday, January 18

This play digs deep into the life of his tortured soul in a show filled with romance and mystery, thrills and excitement. Enjoy beautiful music and a delicious meal at the Fireside Theatre.



#### FASCHING DINNER & SHOW

Dorf Kapelle Band,  
Johnsonville  
Sunday, February 18  
\$65 IN

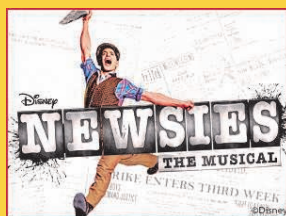


#### NEWSIES

\$109 IN

Thursday, March 1  
Fireside Theatre

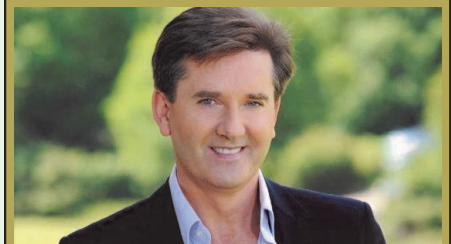
Newsies is the rousing tale of Jack Kelly, a charismatic newsboy and leader of a ragged band of teenaged newsies, who dreams only of a better life from the hardship of the streets. High energy, non-stop thrills and amazing music makes this a don't miss show.



#### DANNY O'DONNELL

\$112 DT

Saturday, March 3, 2018  
3:00 Show  
Crystal Grand Theater  
Wisconsin Dells



# Happy Travelers

19

**Be a Happy Traveler... We're going places!**

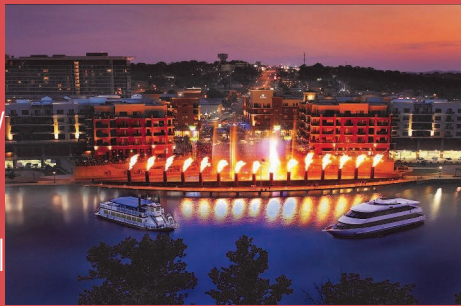
## SAN ANTONIO

Diamond Tours  
10 Day Trip  
Friday—Sunday  
March 9—18, 2018  
\$949 Dbl  
\$1189 Sgl



## BRANSON

Diamond Tour  
6 Day Trip  
Monday—Saturday  
November 12 -17,  
2018  
\$659 Dbl / \$809 Sgl



## 2018 EXTENDED TRIPS:

### Panama

February 1- 9, 2018  
\$3049 Dbl, \$3749 Sgl

### Mansions, Magnolias and the Blues of Historic Natchez

April 8-15, 2018  
\$1669 Dbl

### 2018 Alaska Discovery Land & Cruise

[Get On Our Waiting List!](#)

August 14-26, 2018  
Stop in for Pricing

### Great Parks of the Southwest Featuring the Grand Canyon

September 9-19,  
2018  
\$2780 Dbl

[Get On Our Waiting List!](#)

### 2018 Iceland: Land of Fire & Ice

October 13-19,  
2018

\$3899 Dbl \$4249 Sgl

[Get On Our Waiting List!](#)

Switzerland, Austria & Bavaria  
and the Oberammergau Passion  
Play,  
August 2020

Call or stop in for more information (920) 322-3635

**We're Going Places!**



## THE ARK ENCOUNTER

July 16-20, 2018  
\$599 Dbl

**IN** Meal is included  
**DT** Dutch Treat



means this trip is an *Exclusive HT Trip!*

**DBL** price for a double  
**SGL** price for a single



[www.Facebook.com/FondyHappyTravelers](http://www.Facebook.com/FondyHappyTravelers)





# Announcements

## Rake-A-Difference Day

Know someone who is physically unable to rake their yard? Please see the receptionist to get registered and we will **RAKE FOR YOU!**

Community volunteers with the Fond du Lac Area United Way will be raking yards for residents between  
**Nov 6—Nov 11**



For more information please contact  
FDL Senior Center at 920-322-3630  
or the FDL Area United Way at 920-921-7010

## Scrip Gift Cards Available!



Let the Brown Paper Packages Gift Shop help you with your gifting and shopping! When you buy gift cards here, our Center earns 2.5% - 15% on each card purchased!

**\$25 Gift Cards** from Backyard Grill, Festival, Fleet Farm Kohl's, Kwik Trip, Menards, Piggly Wiggly, Roundy's Shopko, Walgreen's & Walmart

**\$10 Gift Cards** from Ala Roma/Schmitt's, Buffalo Wild Wings, Culver's, Dunkin' Donuts, Faro's Friar Tucks, Gilles', McDonald's, Noodles & Co., Panera Bread, Pizza Hut, Schreiner's, Subway & Target

**\$5 Gift Cards** from A&W, Culver's Dairy Queen & Starbuck's

**Cash or Check Only.**

**Other Cards are available, please ask!**

*the Meadows*  
of Fond du Lac

ASSISTED LIVING  
LIKE YOU'VE NEVER  
SEEN IT BEFORE

**goodlife**  
ASSISTED LIVING

For more information, contact:  
Diann Roberts, Program Director  
(920) 933-8090 | [www.themeadowsfdl.com](http://www.themeadowsfdl.com)

**JERRY TIGHE**  
**ROOFING CO. INC.**

**922-7246**

**Dean Tighe, Owner**

**HARV'S PAINTING** PAINT & MORE

Commercial • Residential  
Interior • Exterior  
Barns • Metal Homes  
Wallpapering • Varnishing  
Staining • Woodgraining  
High Lift Service • Insured • Free Estimates  
**HARV SCHAUB**  
(920) 324-5718 cell (920) 948-3818

*Twohig*  
Funeral Home

[www.twohigfunerals.com](http://www.twohigfunerals.com)

305 Fond du Lac Ave  
Fond du Lac  
920-921-0960

109 W. Main St.  
Campbellsport  
920-533-4422

Cost conscience funeral services from full services to cremation

**ManorCare**   
**HEALTH SERVICES**

**"Getting you back to Active"**

265 S National Ave., Fond du Lac, WI 54935  
**920.922.7342**  
[hcr.manorcare.com](http://hcr.manorcare.com)

**SKILLED NURSING AND  
REHABILITATION CENTER**

EXPIRES:  
12/31/17

**Pizza Ranch**

CODE:  
51256

Buy One Senior Priced  
Buffet and Get the Second  
**FOR \$5.99**

Valid at Fond du Lac location only. Some restrictions apply. Prices subject to change without notice. Not valid with any other offer.

**Pizza Ranch**

**FOND DU LAC**  
1235 W JOHNSON ST.  
920-929-8800

**NOW HIRING PART-TIME SENIORS**

EXPIRES:  
12/31/17

**Pizza Ranch**

CODE:  
9220

8 pc. Drumsticks & Thighs

**\$9.99**

- CARRY OUT ONLY -

Valid at Fond du Lac location only. Some restrictions apply. All white meat is an additional charge. Prices subject to change without notice. Not valid with any other offer or online ordering.



# Brown Paper Packages Gift Shop

... offering your favorite things.



**GOBBLE**  
till you  
**Wobble**



## Come Check out what we have for Fall!

151 E. 1st Street  
Fond du Lac, Wisconsin 54935  
(920) 322-3638

*We are located inside the Fond du Lac Senior Center & open to the public!*

## Hours

Monday through Friday  
10 a.m. to 4 p.m.

**Closed November 3rd and 6th for inventory**

**Join us November 7th to check out our Holiday merchandise !**

## Connect with Us

Facebook.com/BrownPaperPackages  
GiftShopFondduLac

[www.brownpaperpackagesfdl.com](http://www.brownpaperpackagesfdl.com)



**When you shop at the Brown Paper Packages Gift Shop, you help support the programs and activities at the Fond du Lac Senior Center!**



<https://www.facebook.com/BrownPaperPackagesGiftShopFondduLac>







## EYE GLASS DROP OFF

During the month of November the Center will be collecting eye glasses that will go to "Sharing A Legacy", a Campbellsport Non-Profit Organization that serves the people of Nicaragua and beyond.

Glasses can be dropped off at the front desk of the Senior Center, Monday- Friday 8 - 4:30



Please consider dropping off your unused glasses for this worthwhile program.

## Medicare open enrollment

continues through December 7th  
Call Julie Hillbert at 920 929-3521 for an appointment to discuss your options

*Reminder!*

## Saturday SAMPLER

November 11, 9:00-11:30 a.m.

9:00-10:00 a.m.

**Option 1: Cake and Cupcakes Decor Galore!**  
Enhance your decorating techniques using candy gum paste to dress up your cakes or cupcakes.

**Option 2: Community Ed 101**  
Explore what MPTC has to offer with over 900 community education classes each year.

**Option 1: Wellness Way Approach to Inflammation**  
Learn a different way to tackle inflammation...a unique way of approaching your health.

**Option 2: Android Smart Phone and Tablets**  
Learn how to get more from your Android device & explore the newest apps for your phone & tablet.

10:15-11:15 a.m.

To register: [www.morainepark.edu/saturdaysampler](http://www.morainepark.edu/saturdaysampler)

## MEMORY CAFÉ

**alz.org** | alzheimer's association

JAZZ PAINTING - Paint to Music  
Nov. 7 2017 ~ Annie's Fountain City Café  
1:00 – 2:30

YOU'VE GOT A FRIEND IN ME - Celebrating Our Care Partners  
Nov. 16, 2017 ~ Fond du Lac Public Library  
1:00 – 2:30

## THE SALVATION ARMY CHICAGO STAFF BAND CONCERT

Saturday, November 4th 7pm  
Goodrich Little Theatre



## Support Groups

### ALZHEIMER'S SUPPORT GROUP

Thursday, Nov. 30 6:30-7:30 p.m. (**SPECIAL DAY DUE TO THANKSGIVING**) Fond du Lac Senior Center, 151 E. First Street Room 4

### DIABETIC SUPPORT GROUP

Tuesday, Nov. 21; 4:00—5:00 p.m. (3rd Tuesday)  
Aurora Health Care Center  
210 Wisconsin American Drive ~ American Room

### LOCAL PARENTS OF ANGELS\*

Thursday Nov 2 & 16, 6:00-8:00 p.m. (1st & 3rd Thursday)  
Fond du Lac Senior Center, 151 E. First Street Room 1

\*The Local Parents of Angels is a support group for parents who have lost a child—it can be a recent or a long-term loss. Everyone is welcome!

### PARKINSON'S SUPPORT GROUP

Monday, Nov. 13, 10:00—11:00 a.m. (2nd Monday)  
Aurora Health Care Center  
210 Wisconsin American Drive ~ American Room

### PROSTATE CANCER SUPPORT GROUP

Tuesday, Nov 14 8:30 a.m. (2nd Tuesday)  
Rolling Meadows Family Restaurant  
947 S. Rolling Meadows Drive



# Announcements



23

## PIZZA PARTY WITH SANTA

At the FDL Senior Center



December 1st 4:30 - 6:00pm  
Bring your Grandchildren, Great  
Grandchildren or favorite young  
person for a special afternoon with  
Santa

## WHEN SOMEONE YOU CARE ABOUT IS DEPRESSED

With Dr. Espen Klausen



Thursday, November 2nd, 10am  
FDL Senior Center - PUBLIC WELCOME

## HOLIDAY SING ALONG

with Jess Ellison and Karin Whealon

Save the Date!  
December 4th 1:00



Join the Fond du Lac AARP Association for their  
monthly meeting.

Thursday, November 16  
1:00

Each meeting includes legislative updates, local  
updates and a speaker. This month's speaker is Cathy  
Loomans from the FDL Senior Center talking about the  
Dementia Friendly Fond du Lac County Task Force.

## Wisconsin Regional Art Program (WRAP) Workshop

Saturday November 4th 9-4pm

Stop in during our regular hours  
before the workshop to view the  
beautiful artwork on display.



## HO HO HOTLINE

Volunteers needed!

Interested in giving children the  
delightful surprise of getting a phone  
call from Santa or Mrs. Clause this  
Holiday Season?

Call the front desk to for more  
information or to sign up. 322-3630

Hotline runs M-F Dec. 1st - 22nd



## AARP DRIVER'S SAFETY

Instructor Vandy Nachazel

November 14

Registration: 8:15 am

Class is from 8:30 to 12:30 pm

Cost is \$15 for AARP members or \$20 for  
nonmembers

Participants should bring their  
drivers license and AARP  
membership cards



## GETTING AHEAD POVERTY WORKSHOP

Wednesday, November 8; 5-8:30 (light  
supper included)

OR Thursday, November 16; 1-4 pm (light lunch included)

Mini poverty workshop  
Fond du lac Senior Center

Free but must register with Jack Braun by email at  
jackb@svdpfdlc.org or by phone at  
920 979-9120

Sponsored by St. Vincent de Paul







# Activities Index



Call 322-3630 for more information about any of these activities. **New members are always welcome!**

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

## GROUPS

### **BOOK CLUB**

3rd Monday at 9:30 a.m.

### **CHAR-TASTIC CRAFTERS**

1st & 3rd Thursday from 6–8 p.m.

### **COIN CLUB**

2nd Tuesday at 6:00 p.m.

### **DANCES**

\$4.00 donation

Wednesday 7:30–9:30 p.m. Call Caroline at 920-929-9333 for info.

### **GAME DAY**

Fridays at 1:30 p.m.

### **GENEALOGY**

Wednesdays at 1:00 p.m.

### **GERMAN CLUB**

Mondays at 1:00 p.m.

### **HANDCHIME CHOIR**

Wednesdays/Thursdays at 9:00 a.m.

### **JAM SESSION**

2nd & 4th Wednesdays at 10:00 a.m.

### **MELODIES & MEMORIES CHOIR**

2nd Thursday at 3:30 p.m.

### **POOL LEAGUES**

### **QUILTING**

*Flying Geese Quilting Club*

1st Thursday at 1 p.m. Call Nancy at 920-923-4494 for info.

*Sunset Stitches Quilt Guild*

2nd Thursday at 7:00 p.m. Call Laura at 920-923-1693 for info.

## **RED HAT HONEYS**

Activities include Chorus, Good Deed Gals, Umbrella Brigade & more. The cost is \$5 annual dues; a free newsletter telling of chapter activities is also available at the Front Desk!

### **RED HAT HONEYS CHOIR**

Fridays at 10:00 a.m.

### **SCAMP (Senior Center Band)**

Wednesdays at 8:30 a.m.

### **SCRAPBOOK CLUB**

First three Thursdays at 10:00 a.m.

### **STITCHERY**

Tuesdays at 1 p.m.

### **STAMP CLUB**

3rd Wednesday at 7:00 p.m.  
(except March, July and December)

### **TECH Tyme**

Thursdays at 1 p.m.

### **TOPS (Take Off Pounds Sensibly)**

**Chapter #0566**

Thursdays at 5:45 p.m.

### **WINNEBAGO**

### **WOODWORKERS**

2nd Tuesday from 6:00-8:00 p.m.  
General meeting held at the FDL Senior Center

*Other Tuesdays from 6:00-8:00 p.m.*

Workshop meetings at Horace Mann High School, North Fond du Lac.  
Call Dave Jackson at 923-5233 for more info.

### **WOODCARVERS GROUP**

Mondays at 9:00 a.m.

### **WRITERS GROUP**

Fridays at 1:00 p.m.

*The Memories Writers meet to share and preserve life experiences and family history. New members welcome!*

## HEALTH & FITNESS

### **BALANCE & BODY MOVEMENT**

Fridays at 10:00 a.m.

### **BIKE RIDE**

3rd Wednesday at 10:30 a.m.

### **CARDIO DRUMMING**

Tuesdays at 3:15 p.m.

### **CHAIR TAI CHI CONCEPTS**

Fridays 9:00

### **HIKING/WALKING CLUB**

Tuesdays and Thursdays at 10:00 a.m.

### **LADIES GOLF LEAGUE**

Mondays and Wednesdays at 9:30 a.m. from May-August

### **LOW IMPACT CHAIR EXERCISE**

Mondays at 9:00 a.m.

### **SELF DEFENSE**

Fridays at 10:30 a.m.

### **STRONG BODIES**

Monday and Wednesday 7:00 a.m.  
Tuesday and Thursday 5:00 p.m.

### **TAI CHI**

Tuesdays at 9:00 a.m.

### **VIDEO CHAIR EXERCISE**

Wednesdays at 10:00 a.m.

### **YOGA FIT**

Saturdays at 9:00 a.m.

### **YOGA WITH JEANNE**

Thursdays at 10:45 a.m. Classes fill fast—stop in to check availability.

### **ZUMBA GOLD**

Mondays at 5:30 p.m.



# Activities Index



25

Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

## MEETINGS

### **AARP MEETING**

3<sup>RD</sup> Thursday at 1:30

### **SUPPORT GROUPS**

#### **ALZHEIMER'S SUPPORT GROUP**

4<sup>TH</sup> Thursday at 6:30 p.m. Except November when they meet the 5th Thursday

#### **PARKINSON'S SUPPORT GROUP**

2<sup>ND</sup> Monday at 10:00 a.m.  
Meets at Aurora Health Care Center

#### **PROSTATE CANCER SUPPORT GROUP**

2<sup>ND</sup> Tuesday at 8:30 a.m.  
Meets at the Rolling Meadows Family Restaurant

#### **DIABETIC SUPPORT GROUP**

3<sup>RD</sup> Tuesday at 4:00 p.m.  
Meets at Aurora Health Care Center

## RECREATION

### **CARD GAMES**

#### **BRIDGE**

\$1 donation

**Tuesdays: 12:30 p.m.**

*For information or to play, call Johanna O'Brien at 251-3759.*

**Thursdays: 10:00 Beginners**

*(subs needed)*

**Thursdays: 12:30 p.m. Advanced**

*For information or to play, call Judy Rupp at 920-477-3021.*

#### **CANASTA**

1st, 3rd & 5th Wednesdays at 12:00 p.m.

#### **CRIBBAGE**

Thursdays at 1:00 p.m.

#### **RECREATIONAL EUCBRE**

Mondays at 12:30 p.m.

## **REGULAR EUCBRE**

Mondays at 1:00 p.m.

### **HAND & FOOT (Card Game)**

Wednesdays at Noon

### **POKER**

Mondays at 1:00 p.m.

### **SHEEPSHEAD**

**Mondays at 1:15 p.m.**

*Jack of Diamonds \$1.50*

**Wednesdays & Fridays at 1:15 p.m.**

*Black Queens \$1.50*

### **RECREATIONAL**

#### **SHEEPSHEAD**

Wednesdays at 1 p.m.

### **SKAT**

Thursdays at 8:00-11:30 a.m.

## **OTHER ACTIVITIES**

### **BINGO**

50¢ for 2 cards

**Tuesdays at 1:00 p.m.**

*Thanks to our Bingo Sponsors who provide prizes, treats, and caller.*

1st Tuesday: **Fond du Lac Lutheran Home**

2nd Tuesday (odd months): **Manor Care**

2nd Tuesday (even months): **Harbor Haven**

3rd Tuesday (odd months): **Almost Family**

3rd Tuesday (even months): **The Meadows**

4th Tuesday (odd months): **Rehab Arisces**

4th Tuesday (even months): **Lincoln House**

5th Tuesday: **Visiting Angels**

### **MAHJONGG**

Tuesdays at 12:00 p.m.

Thursdays at 12:00 p.m.

### **POOL**

Open Pool daily

### **POOL LEAGUES**

8 Ball Tuesdays 8:30am

9 Ball Wednesdays 8:30am

### **Wii BOWLING**

Open Bowling by request—call to reserve day

**Fridays at 12:30 and 1:45 p.m.**

League Play

(September—April)

Subs also needed for league play



## ART & DANCE

### **ACRYLIC & OIL PAINTING CLASS**

Tuesdays at 10:00 a.m.

### **BEGINNING COUNTRY LINE DANCING**

Saturdays at 10:00 a.m.

### **DRAWING & WATERCOLOR CLASS**

Tuesdays at 1:00 p.m.

### **COUNTRY LINE DANCING**

Thursdays at 6:00 p.m.

## SPECIAL EVENTS

### **MOVIES**

1<sup>ST</sup> Thursday and 3<sup>RD</sup> Wednesday at 1:00 p.m.

(Dates could vary)

### **SALT/TRIAD**

(Seniors and Law Enforcements Together)

4<sup>TH</sup> Thursday at 1:00 p.m. *odd months January—September*

### **ROMEO'S**

(Retired Old Men Eating Out)

1<sup>ST</sup> Thursday at Noon – Restaurant Varies

### **SUPPER CLUB**

Dates vary, please check the "Dining" section in the Newsletter for more details – Restaurant Varies

### **Bagels with Ben**

2nd Tuesday at 9:00am



## GRANCARE REHAB

- ✓ Private Rooms/Big Screen TVs
- ✓ Beautiful Interfaith Chapel
- ✓ Outcome-Focused Rehab
- ✓ Attentive Caring Staff
- ✓ Homestyle Meals
- ✓ Live Music Weekly

**5-STAR FACILITY  
WITH EMPHASIS ON  
RETURN TO HOME**

**920-921-6800**



Integrity (in teg'rate) n. the quality of being of sound moral principle; honesty, sincerity.  
www.jhcontrols.com

PERFORMANCE • INTEGRITY

## St. Charles Cemetery

*A Peaceful Country Place  
on the Ledge*

**W4287 Golf Course Drive  
Fond du Lac, WI 54937**

**921-4381 or 921-0580**

**W**oodlands is a family owned business dedicated to providing a quality home-like environment. We provide onsite medical care, hospice care, and independent care for those who want to escape the duties of owning their own home.



## Woodlands SENIOR PARK

**Call 920.922.8770 today  
to schedule a tour.**

**77 Wisconsin American Dr., Fond du Lac, WI  
(near the Aurora Clinic)**

**WoodlandsSeniorPark.com**



## America's Choice in Home Care®

- |                         |                           |
|-------------------------|---------------------------|
| Bathing Assistance      | Light Housekeeping        |
| Dressing Assistance     | Meal Preparation          |
| Grooming                | Friendly Companionship    |
| Assistance with Walking | Flexible Hourly Care      |
| Medication Reminders    | Respite Care for Families |
| Errands/Shopping        | Live-In Care              |

**920.375.5555**

*Locally Owned & Nationally Known*

**www.VisitingAngels.com/fdl/home**

885 Western Ave, Suite 400, Fond du lac, WI 54935

**Serving: Calumet, Columbia, Dodge, Fond du Lac,  
Green Lake, Outagamie, Shawano, Sheboygan,  
Waupca, Waushara & Winnebago**



Each Visiting Angels agency is independently owned and operated.



# 2018 Friends Membership Application

27

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is for the 2018 calendar year. We do not share your information with any outside organization.

**Please make check payable to: "FRIENDS, INC."**

Fond du Lac Senior Center  
151 E. 1st Street  
Fond du Lac, Wisconsin 54935

NAME(s) (both, if couple)	
MAILING ADDRESS (with apt #)	
CITY, STATE, ZIP	
PHONE NUMBER	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
<input type="checkbox"/> I'D LIKE TO GO GREEN! RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE	

**PLEASE PRINT CLEARLY** as all information is entered into the computer by a volunteer.

## CHOICE OF SUPPORT:

**THANK YOU FOR SUPPORTING THE FRIENDS -  
RENEW YOUR MEMBERSHIP NOW!**

☐ **\$10.00 Single**   ☐ **\$15.00 Couple** (same address)

☐ **\$ \_\_\_\_\_ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give \$25 or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2018 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of our Center and is much appreciated. You will receive a 2018 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of our Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 2018 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.

PLEASE CHECK:   ☐ Yes, you CAN include my name when listing publicity.   ☐ No, please do NOT list my name.

**TOTAL ENCLOSED** (Utility Donation and Friends Membership can be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues can be paid at the same time as the Friends membership. Friends membership, utility donation, and Red Hat dues CAN be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

## FOR OFFICE USE ONLY

DATE PAID \_\_\_\_\_ CASH AMT \_\_\_\_\_ CHECK AMT \_\_\_\_\_ CHECK # \_\_\_\_\_ Receipt Given \_\_\_\_\_

☐ NEW 2018 Member   ☐ Renewal   Receptionist Initials \_\_\_\_\_

☐ FANTASTIC FRIENDS \$50   ☐ FABULOUS FRIENDS \$100

☐ Received Dine Out Book for Fantastic or Fabulous membership   ☐ Received Happy Travelers Info

☐ Received *Among Friends* Newsletter

November 2017 Newsletter

Card File

Computer

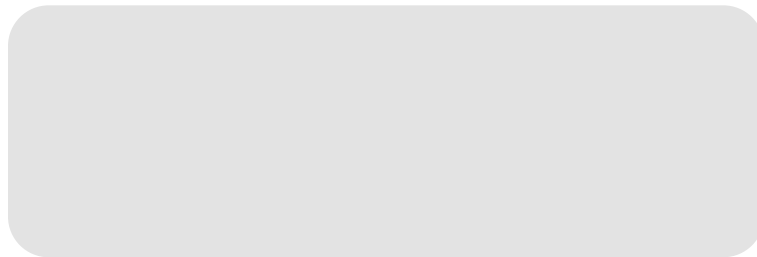


## Fond du Lac Senior Center

151 E. First Street  
Fond du Lac, WI 54935

NON PROFIT ORG  
U.S. POSTAGE  
**PAID**  
FOND DU LAC, WIS  
PERMIT NO. 129

ADDRESS SERVICE  
REQUESTED



## FOND DU LAC SENIOR CENTER 920-322-3630

### STAFF

#### DIRECTOR

*Cathy Loomans 322-3632*  
*cloomans@fdl.wi.gov*

#### TRAVEL COORDINATOR

*Mary Schneider 322-3635*

#### BOOKKEEPER

*Pat Heyer 322-3639*

#### PROGRAM/OUTREACH COORDINATOR

*Sarah Docter 322-3641*

#### CARETAKER

*Nichole Wilson*

### FRIENDS BOARD OF DIRECTORS

*Kate Barr*  
*Joanne Bunkelman*  
*Kevin Dickie*  
*Robert Katzfey*  
*Vickie Michels*  
*John Mirenda*  
*Kathy Schreiber*  
*Wally Seibel*  
*Judi Walters*

Fond du Lac Senior Center  
is a member of **WASC**

**W**isconsin  
**A**ssociation of  
**S**enior  
**C**enters



**@FondduLacSeniorCenter**  
**@FondyHappyTravelers**  
**@BrownPaperPackagesGift**  
**ShopFondduLac**

### MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

### VISION

**TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY**

*The Friends of the FDL Senior Center assume no responsibility for advertising contents, mistakes or omissions. Programs and events are subject to change or cancellation without notice. No partial sessions or refunds on classes.*